



### Elite and Club grades amendments 2018 onwards.

Following discussion with National Coaches and extensive feedback from the gymnastics fraternity, I have decided to make the following adjustments to the Club and Elite Grades, which will come into immediate effect as of 1<sup>st</sup> August 2018:

- The Elite Grades Physical Preparation Programme for Levels 1 to 4 will have the splits transition text changed to: "Lower down to front support into immediate beat through to front leg splits (2 sec) rotate through box splits to opposite front leg split (2 sec)".
- The Artistic Preparation Programme (APP) routine will be removed from both the Club and Elite Grades Programme.
- Further small amendments to text have been made, please see below. These changes will be made to the booklets on the Academy.

In addition, I have asked for a review of the current Club Grades programme with the purpose of reducing the difficulty level of some of the exercises in order to make them more accessible to the majority of Clubs. It is our intention to have these routines ready for presentation at the symposium next January. Club Grades for this year will remain the same other than the above adjustments, and Elite Grades will be reviewed, as normal, at the end of the current Olympic Cycle.

Thank you all for your valuable input.

Warm Regards,

Paul Hall  
Head National Coach MAG

## Elite Grades

### Pommels

Level 3, Routine 2 – instead of ‘reverse stockli’ now reads ‘1/4 turn onto one handle into 3 outward facing one handle double leg circles’.

Level 4, Routine 1

Line 2 - instead of ‘bailey’, now ‘1/4 turn into 2 one handle circles 1/4 turn back to 2 handles’

Level 6, Routine 1

Line 2 - step up quarter turn into 1 circle on handle (instead of step up quarter turn into 2 circle on handle)

### H Bar

Level 2, Performance Considerations ‘Element 5 Back uprise’ – taken out from performance consideration.

Level 3 – added to Performance Considerations “Dismounts should show visible flight combining a controlled kick with no head movement, in preparation for a controlled landing”.

## Club Grades

### Pommels

Level 4

Line 1 Value (3.0)

Line 2 value (4.0)

Line 3 value (3.0)

Level 5

Line 1 Value (2.0)

Line 2 value (3.0)

Line 3 value (2.0)

Line 4 value (3.0)

### P Bars

Level 3 – added to Performance Considerations - The final value for the held handstand will still be given if gymnast performs the long swing prep as a dismount.